

Ranch Wedge Potato

Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50182
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH	3 Ounce		609676

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	121.70
Fat	5.10g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	17.00g
Fiber	2.00g
Sugar	1.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.26mg	Iron 0.41mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	143.09		
Fat	6.00g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	364.50mg		
Carbohydrates	19.99g		
Fiber	2.35g		
Sugar	1.18g		
Protein	2.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.65mg	Iron	0.48mg

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